

OPENING OFFER INSIDE!

Fitness4Less
gym & swim



best value
gym

A truly affordable gym in Northampton with a swimming pool & spa

Fitness4Less proves that getting fitter doesn't have to break the bank

Fitness4Less is a truly affordable new gym in Northampton. Building on the outstanding success of its clubs around the UK, Fitness4Less offers an ideal solution for people that are determined to improve their fitness, but are feeling the financial pinch. With peak membership costing only £19.99 per month, Fitness4Less proves that getting fitter doesn't have to break the bank.

How we offer membership at such great value

All admin and sales systems have been automated and outsourced allowing us to shave a large portion of club costs from the operation. We can therefore offer membership rates at levels never seen before! Memberships are £19.99 per month, with no contracts, hidden costs or catches! As good a facility and service but **less than half the cost of our pricey competitors!**



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per
month

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FREE classes

will give you something to shout about!

If the gym has never really done it for you or you'd like to spice up your routine try a class.

Free classes for members are easily accessible with our simple 5 step online booking system.

Fitness4less clubs offers an extensive, fun and innovative class timetable including:

- Spin
- Zumba
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- Cardio Box
- And many more . . .
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- Flex Strength
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- Kettlebells



Swimming pool & spa

Swimming is probably one of the most healthy, fun, challenging and low impact forms of exercise you can do. Regardless of ability level and experience, people of all ages can swim. It's a low impact, aerobic exercise which can complement any physical fitness routine to introduce some variety and challenge you in different ways. Swimming is the ideal activity for many who can no longer bear the high impact and joint stress of running or jogging.

Our spa facilities can assist recovery from your exercise routine by relaxing muscles or to purely relax and revive your energy levels.

Ladies only gym

For those ladies who would feel more comfortable exercising in a 'ladies only' environment, Fitness4Less have a number of clubs with a separate room just for ladies. Don't feel intimidated, come and see how enjoyable exercise can be.

Want to try something different? Looking to lose weight and get fit quick? Then spinning could be the class for you! Group cycling classes burn 500+ calories per session.



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This discount can only be used by members who join via our website. No cash payments are accepted. There is no minimum membership period and membership contracts do not apply, however fees are non-refundable. Normal membership terms and conditions apply and a full version of these can be found on our web site: www.fitness4less.co.uk/terms_and_conditions.html

Northampton Mercury

Thursday, September 27, 2012

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Ex-Scout leader in depraved paedophile ring jailed indefinitely

A FORMER Scout leader who sexually abused a young child as part of a depraved paedophile ring has been jailed indefinitely.

Peter Malpas, aged 47, of Moulton, who is a former assistant county commissioner, was jailed last week at Reading Crown Court.

He was sentenced to 11 and a half years' imprisonment, but Judge Stephen John branded him a continuing danger to children, so handed him an indeterminate sentence for public protection, with a minimum term of five years and nine months.

Malpas will only be released once he is no longer considered a danger to children, and could be on licence for the rest of his life.

Judge John said: "It is difficult to imagine a more serious case of its kind, falling short of rape of a child under 13 years.

"You present a very high risk to children. This was as close to rape as you could get."

Malpas was part of a sick paedophile ring who created and distributed thousands of indecent images of children and he was linked to members of a gang who held depraved sex parties

involving animals at an isolated farmhouse in Wiltshire.

He was jailed after admitting to police how he had travelled to the Windsor area where he abused a nine-year-old girl in the back of a car.

The court heard how Malpas told police how he became involved in a paedophile ring after initially using gay chatrooms on the internet.

He made prior arrangement with other members to meet the girl. He met the girl, named in court as Child A for legal reasons, in May 2011.

He performed a sex act on her in the back of the car while also performing a sex act upon himself.

When police raided his home last January, he told officers: "Something terrible has happened, I am evil."

He then made a full admission and added: "I can't believe what I have done. I have ruined that poor girl's life and I have ruined my family's lives."

Malpas, who has HIV, posed online as a man called 'Steve' and was found with a memory stick containing hundreds of images of child abuse.

Nigel Daly, mitigating, said:



Peter Malpas has been jailed indefinitely after admitting sex offences

"He has effectively lived a lie throughout his life, firstly in relation to his homosexuality, then to his wife after he contracted HIV."

Malpas admitted sex assault of a child by penetration, sexual touching, possessing and distributing indecent images of children between March 6, 2011, and January 18.

Steve Reeves, head of safeguarding at The Scout Association, wrote to parents and carers of the group where Malpas was a leader:

He said: "The police have informed us that there is no evidence of any young people involved in Scouting, or indeed from Northamptonshire, being victims of any offence.

"There is no intelligence to suggest he committed any offence in his official capacity.

"The safety and welfare of people taking part in Scouting activities is our primary concern and we are committed to taking robust action to ensure scouting remains a safe and enjoyable experience for all."

Police blitz on drivers

A BLITZ by police targeting bad driving on Northampton's roads saw 85 motorists pulled over.

Officers from the Operations Tactical Unit were joined by 15 Specials and tackled people committing 'Fatal Four' offences, talking on a mobile phone, not wearing a seatbelt, speeding and drink driving.

The operation took place throughout Saturday in Towcester Road, when officers monitored traffic and pulled those drivers over who were seen breaking the law.

A total of 85 vehicles were pulled into the check site.

- 39 drivers were reported for not wearing their seatbelt. Three of these also had committed further offences and had issues with their driving licences. One was a provisional licence holder, one had a revoked licence and one had a licence for automatic vehicles only.

- Ten passengers in vehicles were also found to not be wearing seatbelts. Three of these were children, one being a baby not strapped in their child seat.

- 16 drivers were found to be using their mobile phone whilst driving. More than half of these were texting. A further driving licence offence was also found amongst these motorists as well as an uninsured vehicle.

- Four drivers were reported for driving whilst not in proper control.

- Five vehicles were impounded. One for no insurance and four because the motorist had driving licence issues. This prevented them from driving legally.

- Two vehicles were found to have expired MOTs. The remaining motorists were pulled over for miscellaneous offences such as illegal tyres.

Special Police Sergeant, Matthew Mumford from the Operations Tactical Unit, said: "Sadly 26 people have lost their lives on our roads so far this year, compared with only 19 in 2011. This is 26 too many and we want to try and do all we can to prevent any further fatal collisions.



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Every week, the Chronicle & Echo brings you all the latest news, views, features, entertainment and sport from Northampton and the surrounding area. The Chron boasts the county's biggest Property section and the best round-up of what's on in our fantastic Guide supplement.

There's also all the latest jobs, classifieds, and family announcements, as well as our bumper motors section.



Specsavers supporting Macmillan Cancer Support's World's Biggest Coffee Morning. Catherine Ransford, intern for Macmillan, Lucy Michael, Nicky Jones, Emma Haycock, Anita Marklew, Sue Wiltshire and Hannah Schofield-Newton, intern for Macmillan.

Community unites in charity coffee morning marathon

MORE than 1,000 residents, businesses and community groups across the county will host their own coffee mornings to raise funds for the Chronicle & Echo and Macmillan Cancer Support's appeal.

The events will support the charity's 21st annual World's Biggest Coffee Morning campaign and this year hosts in Northamptonshire will support our appeal to

raise £1.55 million to help fund a new blood cancer unit at Northampton General Hospital.

Cherida Plumb, Macmillan's Northamptonshire fund-raising manager, said registrations had doubled this year compared to last. She added: "We are overwhelmed by the support shown for Macmillan's coffee morning this year."

Coffee mornings will take place on Friday, September 28, in a variety of venues,

including the Park Café in Abington Park, Hartwell Community Centre in School Lane, the post office in Semilong Road, Identity by Kelly Fisher Hair Salon in Duston and the Wootton Village Boutique.

Staff at Specsavers in Abington Street will host their Big Coffee Sleepover event, when they go to work dressed in pyjamas and serve tea, coffee and cake in return for donations to the appeal.

Emma Haycock, dispensing

optician at the store, said: "The charity is close to a lot of the staff's hearts and that's why we continue to support it."

The First 4 Blinds shop in Kingsley Park Terrace will host a coffee morning on September 27, a sequence dance event will be held at the Church of the Holy Sepulchre in Sheep Street on September 28 and Dreams coffee lounge in St Giles Street will sell cakes from September 24 to 28 to raise funds.

Other events going on

OTHER events on September 28 include coffee mornings at The Abington Pub in Wellingborough Road, Charwelton Village Hall, Badby Village Hall, Cold Ashby Village Hall, Queensgrove Methodist Church

in Kingsthorpe, Avonvale Honda in Riverside Business Park, Abraxas Cookshop in St Giles Street, Mayfield Park Sports Club in Daventry, Abington Church, Northampton General Hospital, Gongoozler Rest

Café in Braunston Marina, Holy Trinity Church in Cranbrook Road, St Giles Jewellers in St Giles Street, Tasty Thymes in Towcester, Dolphin Café in Towcester and the Marks & Spencer café in Abington Street.

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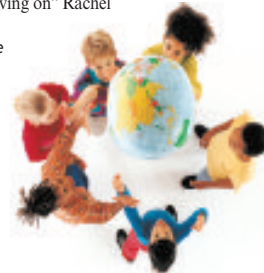
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Tim's care gift

A FAMILY have donated £20,000 to the Cynthia Spencer Hospice in memory of their relative who died there.

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The grant was given by Tim's Charity, which was

set up by Bill, Yvonne and Mia Hemmings from Long Buckby, in memory of Bill and Yvonne's son and Mia's husband, Tim Hemmings, who died at the hospice, aged 36, in 2008.

Bill Hemmings, chairman of the charity, said: "We know first hand how important this service will be to support the families of palliative patients.

"We started Tim's Charity to support

those who are in the same situation that we have been in, and are delighted to be able to fund this Carers Support Service, which wouldn't be able to make such a difference without our help.

"We would like to thank everyone who has supported Tim's Charity in the last four years and who have enabled us to make this donation to Cynthia Spencer Hospice."



A cheque presentation for £20,000 from Tim's Charity to Cynthia Spencer Day Hospice, to fund drop-in sessions at the hospice.

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Auction of animals

AN ONLINE auction of safari animal sculptures, which brightened up Northampton town centre this summer, will raise money for three charities.

People will be able to bid for the colourful statues of giraffes, hippos, gorillas, lions, elephants and rhinos, which were displayed in the town from June to August.

They will be on the Wild in Art website until Friday, September 29.

Three quarters of the net proceeds from the auction will be donated to the Warwickshire and Northamptonshire Air Ambulance, the Chron's Macmillan Cancer Support Appeal and the Born Free Foundation.

Charlie Langhorne,

director of Wild in Art, said: "The Go Safari animals have been a fabulous attraction in Northampton throughout what has been a really exciting summer."

"We have decided to host our first online auction to give everyone a chance to own one of Wild in Art's sculptures."

Some of the animal artwork available to buy in the auction, includes Lofty, a giraffe which spent the summer in Sheep Street, Agusta the air ambulance gorilla, and a He-man sculpture called Taxi for Adam, which was positioned near to All Saints Church.

People can bid for the safari sculptures by logging on to <http://auctions.wildinart.co.uk>



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Visit us on the appropriate Presentation Evening to learn about our admissions procedure. You will also then receive a time to attend the Open Evening on Tuesday, 9th October 2012 when you will have a chance to view the facilities and meet staff and students. If you are unable to attend either of the first two evenings please contact the Admissions Officer at the school.

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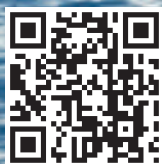
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Club and charity team up for heroes



Northampton Town chairman David Cardoza

MILITARY charity Tickets For Troops has teamed up with Northampton Town to allow soldiers to benefit from free tickets for home football games at Sixfields.

Tickets For Troops provides free tickets for sporting, musical and theatrical events to members of the

Armed Forces.

More than 17,500 tickets have currently been donated by Football League clubs, including Northampton Town, across the UK for the 2012/13 season.

Cobblers chairman, David Cardoza, said: "Throughout history, Northampton Town has a proud record of

supporting our armed forces. Cobblers' players and supporters have served in the forces over the years, the most high profile of which was, of course, Walter Tull.

Supporting Tickets for Troops allows us to show our backing for those brave men and women who risk their lives to serve our

country."

Tickets For Troops spokesman, Ross Barden, said: "The Armed Forces are doing such an extraordinary job during these difficult times and it is fantastic that Northampton Town wants to demonstrate their support in such a generous way."

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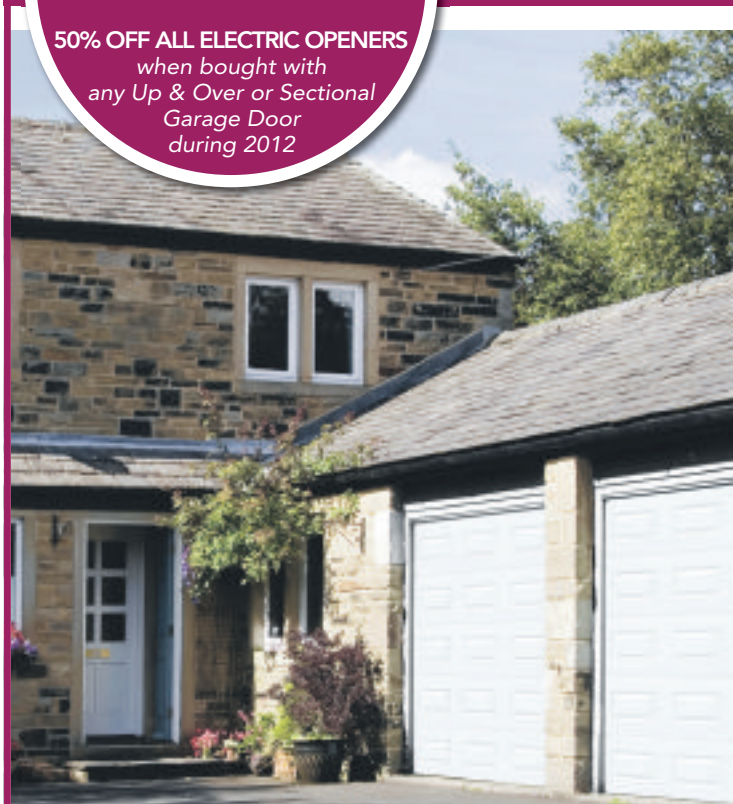
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14 Northampton Mercury, Thursday, September 27, 2012

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FIFTY disabled, disadvantaged and seriously-ill children were driven around the Silverstone circuit in a Ferrari California as part of a special charity event.

The event was organised by Ferrari North Europe, and saw children from all over the UK, including youngsters from Northampton, enjoy track rides around the Stowe circuit with qualified drivers.

A spokeswoman for Ferrari North Europe said: "It's a fantastic way to bring a smile to the children's faces.

"It's an opportunity for them to do some different that they probably wouldn't have had the chance to do."

The annual event was supported by the Variety children's charity for sick, disabled or disadvantaged children, and BEN, for those who work, or have worked, in the automotive and related industries.

We're the reel thing

FILM-MAKERS from across the county were recognised for their talent at the fifth **Film Northants short film festival**.

A full house of more than 200 film-makers, supporters and local dignitaries attended the event at Cineworld, which saw five films made in the county pick up awards.

Supernatural drama *No Second Chances*, by Barry Smith, won the Public Vote award, and black and white animation *Disparu*, by Ashley Williams, picked up the Judges' Choice award.

The winner of the Rotary Club of Northampton Under-16s category was alien comedy *Accidentally in Daventry*, made by Dale Harrington-Carter and Graham Gardiner-Jones.

Ashley Williams also scooped the Film Northants Anniversary Award for best use of the theme of "five" in a film.

Mr Smith said: "To see your film up on the big screen in a



Makers of the film *Accidentally in Daventry* with their award

cinema is just amazing and well worth the effort."

Mr Millar, whose team are past entrants, said: "This competition has showed us how to work together."

David Mackintosh, the leader of Northampton Borough Council, commented on the event: "It was brilliant and shows what great talent there is in Northamptonshire."

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Damien loses by a whisker



Damien Knight, who entered a beard competition in Brighton.

A NORTHAMPTON man with a foot-long beard has taken part in a national beard and moustache contest in Brighton.

Damien Knight, aged 41, from Abington, competed in the biggest beard category in the British Beard and Moustache Championships on Saturday.

The HGV driver, who has had a foot-long beard for around three years, was up against 18 other people, but he did not win.

He said: "It was a brilliant laugh and I met some great people and had some fun."

"The quality of the competition was unbelievable.

"The man who came second had a beard twice as long as mine,"

Mr Knight, who runs his own business, said he would continue to grow his beard and is considering going to watch the 2013 World Beard and Moustache Championships in Stuttgart.

He said that if he decided to take part in the British contest again he would probably enter in a different category.

Mr Knight, who has several piercings on his face and tribal tattoos on his arms, said: "I just

thought I would grow my beard as long as I could get it. I love having it and I think it looks great.

"I get a really positive reaction and lots of comments in the street about it.

"With the piercings and tattoos it's the whole image.

"I have always just been myself. You can't judge people by how they look and that's the whole point of this."

He added: "I had a great time at the competition and it was something a bit different."

For more details about the event, visit <http://thebritishbeardclub.org>

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PLUS Santas Grotto - £5 per child
Ice Rink - £8 adults, £5 children under 16, £20 family of 4*

To prebook your tickets or a time slot for Santas grotto and ice rink please call 01536 506134
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New Year's Eve Dine & River Thames Cruise

with dinner at Brew Wharf, Bankside

Departing Sunday 30 December 2012

London is the ideal place to welcome in the New Year; Big Ben, parties on the River Thames, the crowds beside the River and on the many famous bridges, the fireworks at midnight which become more spectacular every year... it has got the lot!

- 2 nights stay at a 4 star outer London hotel
- Dinner on Sunday 30 December 2012 followed by a disco
- A 3-course dinner with wine at Brew Wharf (within Vinopolis), Bankside followed by an evening river cruise on the River Thames aboard the Sarpedon on New Year's Eve
- Full English breakfast on Monday 31 December 2012 and Tuesday 1 January 2013
- Free time in London and Windsor
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Theatre Breaks

Choose a top West End show from our fabulous selection which includes Billy Elliot, Jersey Boys, Les Misérables, Mamma Mia!, Matilda The Musical, Phantom of the Opera, Shrek The Musical, Singin' in the Rain, The Lion King, War Horse, Wicked and more!

Saturday Night London Theatre

2 days, from £129.95pp

Saturday departures, 27 October, 10 & 24 November and 8 December 2012

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2 days, from £139.95pp

Saturday departures, 3 & 17 November and 1 & 29 December 2012

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- After dinner disco
- Free time in London for shopping or sight-seeing
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New Year London Theatre

Departing Sunday 30 December 2012

- A standard priced ticket for a matinee performance on either Sunday 30 December or Monday 31 December 2012 of the West End show of your choice from our fabulous selection.
- (Ticket upgrades are available at a supplement)
- 2 nights stay at a 4 star outer London hotel with dinner & full English breakfast
- After dinner disco on New Year's Eve
- Free time in London
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Thursday, September 29, 2012



Creature comforts

THANK you, Audi, for recognising the state of British roads with the new A3 hatchback. It's going to bring a new level of comfort to lots of owners.

This latest A3 takes over from a model which has kept Audi's sales staff busy since it arrived in 2003, and introduced thousands of drivers to the idea of a 'premium compact' car, which cost a bit more, but was nicer to own.

The newcomer takes Audi's game forward but – carefully – without losing the appeal of the previous car. Indeed, unless you compare the two side by side, it's hard to spot the difference.

Different it is though; a completely new car from top to bottom, which had shed a lot of weight, gained a bit of extra space inside and in the boot, but still boasts obvious A3 genes.

First sales are three-door versions. A five-door is due early in 2003 with extra space in the back.

Prices at launch start at £19,205 and stretch to £24,880 before you succumb to the usual list of tempting Audi options.

As before, there are three flavours of A3: the SE, Sport and S line, with

more buyers likely to choose the latter, dearer model than the others.

And this is where the newcomer really shines, for Audi has ditched its rigid (a word chosen with care) suspension pecking order that meant the sportier-looking cars always got stiffer springs.

Now you can have the visual delights of the S line (racy looking body bits and big wheels), but still have the softer suspension of the cheaper SE. Just do it!

A 140-mile jaunt in a humble diesel SE model proved a revelation in Audi ride terms, with the car tackling some truly awful British road surfaces with the confident swagger of a car more familiar with the cart track contours of the UK than the polished perfection of an autobahn.

A shorter drive in a Sport model revealed an unsettled ride and much more tyre roar on course surfaces; and remember the S line in standard form promises worse.

Talk of perfection turns us neatly to the interior of the new car.

Audi obsesses about the way the insides of its cars look and (crucially) feel, and the latest A3 takes the game on a stage at this price point.

Buy a Bentley at 10 times the price and, yes, you'll sit on soft leather and gaze at planks of veneer lovingly shaved from the trunk of an exotic tree.

But it won't be put together with more skill, the switches won't work with more precision and the instruments won't be any clearer.

The Bentley would be quieter, but only a bit. The new A3 has had extra attention on the hush front and makes a remarkably relaxed motorway cruiser.

No Bentley would give you the 53mpg returned on my press-on test drive.

An awful lot of A3 buyers will choose the 2.0 diesel fitted to the test car and they won't be disappointed with its punchy performance or economy potential.

I discovered only two minor downsides to the interior, a gear lever set too far back for my arm's stretch and an electronic parking brake release awkwardly close (but nobody uses the handbrake any more, do they?).

Sometimes I step from a first drive and ask myself 'why would I need anything else?'

Doesn't happen very often, but it did after my day with the latest A3.



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AC

FORD FIESTA

GHIA, 1.4 5 door hatchback, petrol, 103,000 miles, 11 months mot, 6 months tax, New set of tyres recently fitted, Good runner. £495 ono
Tel: 01933357921 or 07858018548

1999 £495 ono

PEUGEOT 3008

SPORT 120, 1.6 5 door hatchback, petrol, black, 27,000 miles
Tel: 01536 712838

2010 £8500

Audi



AUDI A2 FSI SPORT 1.6, 56,000 miles, blue, 2004, Recent major service inc cam belt, 12 m MOT, 6m Tax. £4,500 ono Tel: 07739575873

2004 £4,500 ono

BMW

BMW 318i

CONVERTIBLE, One family owned, Full BMW service history, Techno violet, Tax, MOT June 2013, £3000 worth of accessories (factory fitted). £2600 OVNO
Tel: 01536 515345 07710308309

£2600



BMW 318i 1.9, 3 door hatchback, 77,000 miles, green, petrol, 1998, Superb condition for age, lady owner. £1,500 ono Tel: 07966966768

1998 £1,500 ono

Commercial Vehicles

Renault Extra Diesel Van

Low mileage, £1000
Tel: 01858 463 046 or 01858 464 207

T £1000

Vauxhall Astra CDTi Van

1.7, Low mileage, Good condition, Tax & MOT
Tel: 01908 542465

2005 £1550 ono

BMW

BMW 525D 2.5



SE AUTO, 4 door saloon, diesel, Blue, 85,000 miles, 5 seats, Good condition, Non smoker, 1 owner, Leather Interior (Pic for ref only)
Tel: 07864 326126 or Email: marcam996@gmail.com

2005 £5000

Fiat

FIAT 500 SPORT MULTIJET



59, 1.2, 3 door hatchback, 26775 miles, white, diesel, 2009, VGC, 70+ mpg, £20 tax, FSH, Air-con, Elec win, C/L, Half leather, b/tooth, USB port, Smiles guaranteed, 07530 876508. £7,750 Tel: 07530 876508

2009 £7,750

FIAT PUNTO 1.2



ACTIVE, 5 door hatchback, petrol, Metallic grey, 207, 36,000 miles, 5 seats, A/B, alarm, C/L, P/A/S, immaculate condition, Tax September 2012 & MOT December 2012. £3200 ono
Tel: 07979 503384

2007 £3200 ono

Fiat Punto

1.1 Petrol, Metallic Blue, 2000, 59,000 miles, Mot till April 2013, Tax till Sep 2012. New cambelt and exhaust. Great Runner. £650 ono
Tel: 07939 348784

2000 £650 ono

Ford

FORD MONDEO MISTRAL



1.8, 5 door hatchback, blue, petrol, 2004, fish alloy wheels f/w air con cd vgc 152k 12mth MOT tax Jan 13. £1,550 Tel: 01604 767793

2004 £1,550

FORD FIESTA GHIA



52, 1.4, 5 door hatchback, 58,600 miles, black, petrol, 2002, HIGH SPEC, Alloys, ABS, A/C, Air Bags, E/F/W, CD/radio, PAS, FSH, Drivers Seat Height Adjustment MOT Aug 13, Tax Mar 13, New Clutch & Front Tyres, Recently Serviced, Very Good Condition, Drives Beautifully. £2,100 Tel: 01536 352735 / 07584 235379

2002 £2,100

FORD FUSION 2 TDCI



1.4, 5 door hatchback, 58,000 miles, diesel, 2004, (04 reg), manual, oyster silver metallic, air/con, ABS, radio/cd player, heated windscreen, large boot space, remote central locking, tax March 2013 (only £30 per year), MOT Feb 2013, excellent condition. £3,500 ono Tel: Corby 07854158610

2004 £3,500 ono

FORD FIESTA FREESTYLE



51, 1.2, 3 door hatchback, 82,800 miles, black, petrol, 2002, high spec a/c hfs etc new tyres clutch and cam belt good condition no welding mot April tax Dec. £1,150 ono Tel: 07926328758

2002 £1,150 ono



FORD FOCUS LX X, 1.6, 5 door hatchback, 128,000 miles, blue, petrol, 2000, £850 ono Tel: 07998346182

2000 £850 ono



FORD ESCORT FINESSE X, 1.6, 5 door hatchback, 97,000 miles, blue, petrol, 2000, 12 MONTHS MOT CD. £650 ono Tel: 0160462974 07764604686

2000 £650 ono

Ford

FORD MONDEO GHIA



07, 2.0, 5 door hatchback, 65,826 miles, silver, petrol, 2007, Must be seen VGC, FSH, parking sensors, tow bar for small trailer. Full electric pack. 10 months MOT 3 months tax. £3,500 ono Tel: 01604644885

2007 £3,500 ono

FORD FIESTA STYLE PLUS 68 TDCI



1.4, diesel, 2009, Full service history, £20 tax/year, 67mpg, AC, CL, EW, EM, PAS, Airbag pack, ABS, ESP, cd player with aux for iPod/mp3. Long tax & mot. 2 original keys. Ford special metallic squeeze green. Immaculate con... £5,800 ono Tel: 01604 478411 - 07751 987972

2009 £5,800 ono

FORD FOCUS CMAX GHIA

1.8 Petrol, 80,000 miles, full service history, very good condition, Tax Nov '12, MOT Dec '12, Emigration forces sale. £2395 ono
Tel: 07714 064921

£2395 ono

ESCORT 1.8 16v

Ghia X, 5 door hatchback, 1997-98, 70,800 miles. Do not miss this special car. Virtually one owner. All Ghia 'X' Spec, black leather, moonstid silver met, lady driver, Tax & Mot, FSH. Always garaged. £850 ono
Tel: 01327 830480

1997-98 £850 ono

Honda

VAUXHALL CORSA

SXI, 1.2, 3 door hatchback, petrol, blue, 2002, 1008 miles, Really good condition, MOT until June 2013, Tax until November 2012. £750 ono
Tel: 01604 722735, 07776106242

2002 £750 ono

Peugeot

PEUGEOT 307 2.0 DIESEL

TURBO HDI, 5 door, red, alloys, multi CD, climate control, leather seats, full mot and taxed, XSI model
Tel: 07979 070985

2002 £950 ono



HONDA ACCORD 2.2i VTEC 69,000 miles, green, petrol, 1998, High spec, call for details. Tax 03/13 MOT 08/13. £650 Tel: 07942145258

1998 £650

PEUGEOT 206 SPORT HDI



2.0, 3 door hatchback, 83,375 miles, blue, diesel, 2005, 12 months MOT, S/H, air con, just serviced new exhaust 2 new tyres new battery, excellent car. £2,675 Tel: 01604 754706

2005 £2,675

Rover



PEUGEOT 206 LX X, 1.1, 5 door hatchback, 82,000 miles, silver, petrol, 2000, MOT 03/13 Tax Nov GSH. £825 ono Tel: 01604 889233/07947348006

2000 £825 ono

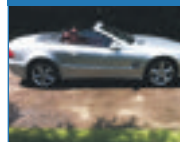


ROVER STREETWISE 54, 1.4, 65,000 miles, grey, petrol, 2004, MOT and tax until Nov 2012. £1,195 ono Tel: 07971023662

2004 £1,195 ono

Mercedes

MERCEDES SL 350 SEMI-AUTO



03, 3.7, convertible, 71,500 miles, silver, petrol, 2003, Mot'd until June 2013, this car has all the extras plus more including Electric heated massaging seats, DISTRONIC, Bose sound system, Service History, Silver with red leather trim... £12,750 ono Tel: 07775733323

2003 £12,750 ono

MERCEDES CLK200 ELEGANCE KOMP AUTO



51, 2.0, convertible, 80,000 miles, silver, petrol, 2001, Lovely to drive, Electric Roof stunning leather interior, Electric Seats, Air con, cruise control, CD player, etc. Full Mercedes Service History. AMG Alloy wheels. £3,500 ono Tel: 07985408240

2001 £3,500 ono

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FORD KA 1.3, 41,000 miles, red, petrol, 2005, FG, all new tyres 12mths MOT. £1,395 Tel: 01858 432225 Mob 07852164052

2005 £1,395



FORD FOCUS GHIA 52, 1.6, 5 door hatchback, 57k miles, petrol, 2002, Excellent condition. £2,400 Tel: 07557 535664

2002 £2,400

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CAR OF THE WEEK

09 NISSAN MICRA 160 SR 3 DOOR SPORTS HATCH, metallic paintwork, spoilers, alloy wheels, climate control, sports seats, rear parking sensors, electric windows, remote central locking, cd player, great spec, a rare car for just**£4995**

- 04 **MERCEDES BENZ 350 SL SPORTS CONVERTIBLE 2 DOORS**, metallic black paintwork, full cream leather interior, sat nav, 20" alloy wheels, heated electric seats, great spec and must be seen**£12,495**
- 06 **BMW X3 2.0 TURBO DIESEL 5 DOOR HATCHBACK**, average mileage, full BMW specialist service history, power steering, electric windows, cd player, air conditioning, alloy wheels**£8495**
- 08 **TOYOTA YARIS 1.4 TURBO DIESEL 5 DOOR TR**, in red, 44,000 miles, full main dealer service history, power steering, alloy wheels, cd player, electric windows, over 70mpg, road tax only £30 per year **SOLD**
- 07 **VAUXHALL ZAFIRA 1.9 CDTI TURBO DIESEL LIFE 5 DOOR 7 SEATER MPV**, in metallic silver, 82,000 miles with full vauxhall service history, air conditioning, power steering, electric windows, remote central locking, cd player**£4995**
- 06 **NISSAN MICRA 1.4 SE AUTO 5 DOOR**, only 33,000 miles yes only 33,000 miles from new, full Nissan service history, electric windows, remote central locking, air conditioning, credit to its previous keeper**£4795**
- 57 **FORD FOCUS ZETEC TURBO DIESEL**, fully documented Ford service history, air conditioning, alloy wheels, factory fitted sat nav, electric mirrors, electric windows**£3995**
- 04 **AUDI A3 16 3 DOOR HATCHBACK**, bright red paintwork with cream interior below average mileage, full service history, power steering, electric windows, remote central locking, cd, alloy wheels**£3995**
- 56 **CITROEN PICASSO 1.6 EXCLUSIVE 5 DOOR HATCHBACK** only 47,000 miles, motability + 1 private owner from new, full service history, metallic black paintwork, remote central locking, electric windows, climate, alloy wheels **SOLD**
- 04 **VOLVO S60 2.4 TURBO DIESEL 4 DOOR SALOON**, 1 owner from new, fully documented service history, this car has every conceivable extra, this must be seen, this car cost over £30,000 when new **SOLD**
- 02 **HONDA JAZZ 1.4i-DSI SE 5DR CVT-7 5 DOOR HATCHBACK AUTOMATIC**, 68,000 miles, Metallic Black. Low Mileage, Service History, 1 Previous Owner, Air Con, Electric sunroof, ABS, Electric door mirrors, Front electric windows, PAS, Heated door mirrors**£3295**
- 03 **TOYOTA AVENSIS 1.8 TS 3 AUTOMATIC**, only 58,000 miles, Toyota + 1 owner from new, metallic blue paintwork, electric windows, remote central locking absolute pleasure to drive**£3195**
- 07 **PEUGEOT 1007 DOLCE LIMITED EDITION 3 DOOR**, 52,000 miles with full service history, metallic orange paintwork, air conditioning, power steering, electric windows, remote central locking, a very easily accessible vehicle**£2995**
- 05 **NISSAN MICRA 1.2 S 3 DOOR AUTOMATIC**, only 52,000 miles, full service history, metallic blue, remote central locking, cd player, electric windows, very presentable small automatic**£2995**
- 04 **VAUXHALL ZAFIRA 1.8 COMFORT AUTOMATIC 5 DOOR**, 1 previous owner from new, 67,000 miles with fully documented service history, metallic satin red paintwork, power steering, cd player, power steering, electric windows, remote central locking, air conditioning, this zafira is a real pleasure to drive**£2995**
- 04 **AUDI A3 1.6 3 DOOR HATCHBACK**, finished in bright red paintwork with cream interior, below average mileage with full service history, power steering, electric windows, remote central locking, cd player, alloy wheels**£2995**
- 02 **SUZUKI WAGON R 1.3 GL AUTOMATIC 5 DOOR HATCHBACK**, 1 lady owner from new, low mileage, fully documented service history, bright red paintwork, central locking, power steering, electric windows, tax & mot april 2013, an easily accessible vehicle**£2795**
- 53 **RENAULT CLIO 1.2 DYNAMIQUE 3 DOOR HATCHBACK**, power steering, 59,000 miles from new with full service history, sunroof, remote central locking, alloy wheels**£2495**
- 03 **RENAULT CLIO EXPRESSION AUTOMATIC**, 5 door, only 59,000 miles, full service history, in silver, one previous owner from new, cd player**£2495**
- 03 **KIA SEDONA 2.9 LX TURBO DIESEL MANUAL 7 SEATER**, metallic champagne paintwork, 1 lady owner from new, only 71,000 miles with fully documented service history including cambelt change, new mot & taxed, excellent value diesel 7 seater**£2495**
- 53 **SKODA FABIA 1.2 CLASSIC 5 DOOR HATCHBACK**, only 53,000 miles, full service history, colour coded, ABS brakes, air conditioning, power steering, front fog lights, insurance group 1**£2495**
- 03 **KIA SEDONA 2.9 LX TURBO DIESEL 7 SEATER**, metallic champagne gold, 1 lady owner from new, only 71,000 miles with fully documented service history including cambelt change, new mot & taxed, excellent value 7 seater diesel**£2495**
- 03 **VAUXHALL CORSA 1.2 COMFORT AUTOMATIC 3 DOOR HATCHBACK** only 51,000 miles from new, finished in metallic satin red paintwork, remote central locking, power steering, electric windows, mot & tax july 2013**£2495**
- 05 **FORD KA 1.3 COLLECTION 3 DOOR HATCHBACK**, finished in metallic silver, 52,000 miles with service history, cd player, central locking, power steering, 1 previous owner, ideal first car**£2495**
- 03 **CITROEN C3 1.4 LX AUTOMATIC**, average mileage with full service history, electric windows, power steering, air conditioning, remote central locking, cd player**£1995**
- 02 **SUZUKI IGNIS 1.3 GL AUTOMATIC 3 DOOR HATCHBACK**, finished in metallic silky silver, full service history, low mileage, power steering, electric windows, central locking, this is an excellent value small automatic**£1995**
- 01 **SKODA FABIA 1.4 ELEGANCE**, 5 door, metallic wine red, 1 owner from new, 69,000 miles, full service history, alloys, cd player, nice family car**£1995**
- 01 **SKODA FABIA 1.9 TDI TURBO DIESEL COMFORT 5 DOOR ESTATE**, 88,000 miles, metallic green, power steering, electric mirrors, electric windows, remote central locking, cd player, over 50 mpg **SOLD**
- SPECIAL INTEREST**
- 74 **MGB 1.8 SOFT TOP CHROME BUMPER MODEL**, fully restored with photographic evidence of all the work that has been carried out**£5995**
- 63 **MORRIS 1100 4 DOOR SALOON**, only 29,000 miles YES ONLY 29,000 MILES, finished in connaught green, full service history from new, long mot & tax**£3495**
- PART EXCHANGE**
- 96 **FORD FIESTA 1.3 LIMITED EDITION**, low mileage, full service history, mot june 2013, taed dec 2012**£695**

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£1000 Tel: 07816 112185

Vauxhall

VAUXHALL CORSA 1.2



SXI 16V, 3 door hatchback, petrol, Silver, 70000 miles, 1 Prev owner, MOT til Jan 2013, Tax til Jan 2013, P/S/H, E/M, E/W, Alloys, Good condition, Very reliable (Pic for ref only)

Tel: 07786 517235 or 07789770997

2002

£1850 ono

Volkswagen

VOLKSWAGEN GOLF SE AUTO



56, 1.6, 5 door hatchback, 59500 miles, silver, petrol, 2006, Great condition, DSG gear box, cruise control, climate control, automatic wipers and lights, electric windows front and back. Selling due to getting a company car. £8,100 Tel: **07894306703**

2006

£6,100

Renault

RENAULT CLIO 1.2



DYNAMIQUE 16V, 3 door, petrol, Metallic red, 2004, 53000 miles, 5 seats, Tax until November, Mot until February 2013. Photo for illustration Purpose Only. £1175

Tel: 01933 400686

2004

£1175

Renault Clio 1.8 rsi



3 door hatchback, petrol, burgundy, 1995, 11 months MOT, good condition, very reliable. £350 ono (library picture) Tel: **07749334022**

1995

£350 ono

RENAULT LAGUNA DY-MIQUE DCI 120HP



1.9, 5 door hatchback, 87000 miles, grey, diesel, 2003, ABS, aircon, alloy wheels, alarm, remote central locking, all round electric windows, electric door mirrors, PAS/drivers air bags, CD/Radio. 12 month MOT, 6 months tax, very economical, good condition. £2,100 ono Tel: **07793531754**

£2,100 ono

RENAULT MEGANE DYNAMIQUE DCI 120



05, 1.9, 3 door hatchback, 69,000 miles, grey, diesel, 2005, 12 Months MOT, 3 door leather interior, 6 Months Tax. £3,000 ono Tel: **07714123526**

£3,000 ono



RENAULT MEGANE SCENIC EXPRESSION+ 02, 1.8, mpv, 92301 miles, red, petrol, 2002, MOT 11/12, £1,395 ono Tel: **07799 687687**

2002 £1,395 ono



RENAULT CLIO I-MUSIC 16V 1.1, 3 door hatchback, 8993 miles, white, petrol, 2010, 07904014735 £5,900 Tel: **2010 £5,900**

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54, 0.7, coupe, 38000 miles, black, petrol, 2005, Low Mileage, Documented mercedes smart history, servicing etc, Fully colour coded including door seals, boot hinges, wing mirrors, front and back panels. No nasty plastic panels which really sets it apart from standard models. budgem@live.co.uk. £3,400 Tel: **07537410091**

2005

£3,400

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Vauxhall

VAUXHALL ASTRA

CLUB 8V, 1.6 5 door hatchback, petrol, blue, 1998, 100000 miles, 9 Months Mot. £550 Tel: **07958 048673**

1998 £550



VAUXHALL CORSA MERIT 1.4i R, 1.4, 3 door hatchback, 74,000 miles, silver, petrol, 1998, Automatic. MOT 06/13, 0600 Tel: **079 845 95305**

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54, 2.2, 5 door hatchback, 71000 miles, silver, petrol, 2004, 9mths MOT, 3 mths tax, 4 new tyres new brakes all around, Alloy wheels Good condition. £1,595 Tel: **01933652838**

2004

£1,595

VAUXHALL CORSA CLUB 16V



52, 1.2, 3 door hatchback, 75000 miles, silver, petrol, 2002, good condition corsa, finished in metallic silver and contrasting black interior, 10 months mot new front tyres, tax till end month, cheap first time car. £1,500 ono Tel: **07710577123**

2002

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2006

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Births

Ian & Marianne QUARRY

Wonderful news!
 Congratulations on the Birth of your
 beautiful baby boy **Joshua Jack**.
 11/09/2012.
 A new Grandson to love.
 Lots of love, Mum & Dad Steng
 x x x x



QUARRY

Ian and Marianne would like to announce
 the Birth of their Son
Joshua Jack born on
 11th September, weighing
 5lbs 12oz. Many thanks to
 all family and friends for
 their messages of support.



QUARRY

Congratulations to Ian and Marianne
 on the Birth of our first
 Grandson **Joshua Jack**.
 Love from your proud
 Mum and Dad Quarry
 x x



Obituaries

BRINKLOW Brian

Long time Friend of
 Linda & Steve,
 Yvonne & Eamon and
 Lillie & Trev.

Sleep peacefully.

Deepest sympathy to
 Chris and Family x

CIVIL Peter

Beloved Brother of
 the late John Civil.
 Uncle to Sue, Mandy
 and Ian.

A true gentleman.
 Rest peacefully.

Sue, Mandy, Ian
 and Families xxx

EAGER — Maureen
 Dear close Cousin
 Arthur. Deepest
 sympathy to Roger and
 Family. God Bless
 Arthur, Pat and Family
 x

KIERNAN Olive

Deepest sympathy
 to Jimmy, Catherine,
 Sharon, Sean,
 Louise, Shauna,
 Sarah and Eleanor.
 With love from
 Clive, Michelle,
 Ruby and Owen x

PHILLIPS — Iris
 My dear Friend who
 will be sadly missed.
 Love Doreen x

STREETON — Wag
 One of the best.
 Deepest sympathy to
 Jayne and all the
 Family. From Larry,
 Karen, Wayne and
 Darren xx



STRUDWICK Joan

(nee Davies)

Passed away at NGH
 on 19th September 2012, aged 78.
 Now at peace after a long illness so bravely
 fought. Now reunited with her late
 Husband Frederick.
 Loving Mum to Jane and Jonathan,
 Mother in Law to Eric,
 much loved Nan to George.
 Forever in our hearts and will be greatly missed.

The Funeral Service will take place at
 The Counties Crematorium, Milton Malsor
 on 1st October at 12.30pm.
 Family flowers only please, but donations
 if desired for The British Lung Foundation may
 be sent c/o B. Hollowell & Son Funeral Directors.
 01604 792222.

Obituaries

WALMSLEY Harold

Dear Brother-in-law to
 Sheila and the late
 Bill. Uncle to Judy,
 Nick, Andrew, Phillipa
 and Simon.

Reunited with Pauline
 who he missed so
 much.

God Bless X

WALMSLEY Harold Geoffrey

Master Printer
 formerly Moore
 Printers.

Uncle Harold you will
 be sadly missed by us
 both. Now painting in
 a better place.

Andrew and Debbie.

WARWICK Vera

Passed away peacefully, at NGH after a short
 stay, aged 94 years on 14th September 2012.
 Reunited, with her late Husband Reg. A much
 loved Mother and Grandmother to Philip, Mavis,
 Trevor, Lesley, Anthony, Mary, Thomas and
 Nicholas. Resident of Bethany Homestead for
 past five years and lifetime member of Mount
 Pleasant Baptist Church.

Funeral to be 11.15am on Wednesday 3rd
 October 2012 at Mount Pleasant Baptist Church,
 Northampton followed by Cremation at Milton
 Malsor. Family flowers only, but donations if
 desired to Bethany Homestead, who enriched her
 later life, may be sent to S E Wilkinson & Son
 Funeral Directors, 30 Grove Road, Northampton,
 NN1 3LQ. Tel: 01604 637852.

WILSON Joy Rachel

16.11.47

Northampton born and bred.
 40 years of laughter, love and friendship.
 Shared moments and memories too numerous to
 mention. Died on September 8th.

Best friend, Godmother and Auntie to Janice,
 Doug, Rachel, Paul, Julia, Josie and Alex.
 Words cannot express our love for you and
 this void left within us all.

You were so special, words are inadequate to
 express our loss.

In Memoriam

WILSON Joy

Vice chairman and
 secretary and
 longstanding
 committee member
 of the Northampton
 Amateur Operatic
 Company.

Died suddenly
 September 8th.
 She worked
 tirelessly for the
 Company both on
 and off the stage and
 will be sadly
 missed by all.
 Our thoughts are
 with Graham and
 family at this
 difficult time.

GREEN Sean

22nd September 2007.

5 years have passed
 and still we ask
 why you had to go
 away?
 Your presence,
 your smile,
 your ultimate style
 will never be forgot

Love always

Dad,
 Gregg, Cathy
 and Mia.
 xxx

HEMMINGS — Tom
 Another year has
 passed, sadly missed.
 Love Kevin, Sharon and
 Jake xxx

In Memoriam

FAYERS Tony Andrew (Taf) 28.09.11

Dearest Son, Brother
 and Uncle.
 x x x

This has been the
 hardest year ever
 without you Tony
 Loved and missed
 every day.
 x x x
 Your broken
 hearted Family x



Acknowledgements

LIVINGSTONE Lillian

Patricia, Stephanie, Evelyn and Kaylum and the
 Family of the late Lillian Livingstone, wish to
 thank all of those who supported us through our
 Mum's illness and the following sad loss of our
 precious Mum - Lillian.

Thank you to all her Friends and Loved Ones
 both near and far who sent cards, visited, offered
 words of comfort, and the genuine kindness
 shown during a sad and difficult time.

We especially would like to thank Adam and
 Richard from Finch's Funeral Directors, the Staff
 at Cynthia Spencer, Macmillan Nurses (Nicky and
 Sharon) NCCA, District Nurses from Harlestone
 Road Surgery and all those involved with our
 Mum's care.

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An experienced, motivated, friendly and qualified dental nurse required for a busy, modern dental practice, near Northampton town Centre. Apprentice position available for an admin assistant. Part/full time hours, remuneration in line with experience. Please apply with your CV and cover letter: ourdentaltteam@yahoo.com

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Healthcare & Nursing

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Healthcare & Nursing

Locality Administrator Based in Northampton

£20,300 per annum (for 37.5 hrs per week, pro rata for 30 hrs per week) plus benefits including a final salary pension scheme. 30 hours per week, working Monday to Friday between the hours of 11:30 and 18:00

South East Health Ltd is a successful and growing organisation that provides health care services to patients in Kent, East Sussex, Warwickshire, Northamptonshire and Great Yarmouth & Waveney.

We are currently seeking a Locality Administrator to provide administrative support and produce and maintain rota's for clinical staff working within the locality.

You will need to have office and administration experience with a high level of computer literacy and have excellent interpersonal skills.

For an application pack please visit our website www.southeasthealth.com/careers.

Closing Date for receipt of applications:
Friday 12th October 2012

South East Health is an equal opportunities employer.



Business Intelligence Officer

£19,972 - £23,811

The Office of the Vice Chancellor (OVC) is seeking to appoint a Business Intelligence Officer whose role will support the Executive Officer and a School of the University with activities within the remit of the Business Intelligence and Management Information Unit.

The OVC is seeking a forward-thinking and proactive, self-starter who will undertake activities based on the specific duties of the Unit.

These duties are as follows:

- the provision of forward looking management information
- the analysis of league table performance
- the development and dissemination of Qlikview for displaying information and data for business intelligence and management information purposes
- the collection of historical data to support trends analysis and research
- the analysis of HESA Performance Indicators
- the analysis of the National Student Survey and other external surveys
- the analysis of internal surveys
- the provision of reports to support annual and periodic quality assurance processes
- the collection and monitoring of key performance indicators
- risk management processes
- institutional research reports and analysis.

You will also recognise the importance of business intelligence and management information in higher education and the wider work of the OVC and University Executive Team. Candidates with a formal qualification in mathematics or statistics and/or experience of using Qlikview or other software as a business intelligence tool would be most welcome. **Quote Ref: TR11176**

For an information pack please visit www.northampton.ac.uk/jobs or Email: per.apply@northampton.ac.uk

Alternatively call the 24 hour answerphone on (01604) 892822.

Closing date: 5 October 2012.

Interview date: 15 October 2012.


All candidates will be asked for proof of their eligibility to work in the UK at interview. Tier 2 Certificates of Sponsorship have recently been restricted by the UK Border Agency and the position advertised above is unlikely to qualify for sponsorship. We are therefore unable to consider applications from candidates requiring Tier 2 immigration status to work in the UK at this time. For further information please visit the UK Border Agency Website.

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Part Time



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Education / Teaching



HR Assistant

(Pay, Pensions and Management Information)

£19,972 - £23,811 per annum

37 hours per week

Permanent

This is an exciting opportunity to join a friendly and busy team within the Human Resources Department providing administration services in HR, Payroll, Pensions, Management, Information and Systems. You will provide a full range of administration support across these areas including database maintenance, dealing with customer queries and document production.

Previous experience of working in HR and/or Payroll will be an advantage, as will working knowledge of both Microsoft Word and Excel packages. You will need to have good communication skills - both verbal and written with the ability to liaise proficiently with both internal and external customers. Attention to detail and excellent time management skills with the ability to prioritise multiple tasks to meet deadlines are essential qualities for this role. **Quote Ref: YN12015**

For an information pack please visit

www.northampton.ac.uk/jobs or

Email: per.apply@northampton.ac.uk

Alternatively call the 24 hour answerphone on (01604) 892822.

Closing date: 12 October 2012.

Interviews: Week commencing 29 October 2012

All candidates will be asked for proof of their eligibility to work in the UK at interview. Tier 2 Certificates of Sponsorship have recently been restricted by the UK Border Agency and the position advertised above is unlikely to qualify for sponsorship. We are therefore unable to consider applications from candidates requiring Tier 2 immigration status to work in the UK at this time. For further information please visit the UK Border Agency Website.

Winner: Outstanding Higher Education Institution Supporting Social Entrepreneurship



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Buckinghamshire/Northamptonshire

£21,000 - £26,500 p.a.

Our client is one of the country's most unique organisations. With outstanding benefits, excellent on-site facilities and a busy working environment they are seeking a skilled craftsman to develop bespoke products.

You will fully utilise your skills to craft a wide range of products in a mix of both textiles and leathers. Your knowledge and experience will enable you to create products from design concepts through to completion, undertaking all of the manufacturing processes involved. You will also repair and make alterations to existing items and therefore an understanding of industrial manufacturing techniques is essential.

Alongside the practical skills required for the role, you will offer advice and guidance on all aspects of design and manufacture, suggesting improvements and providing solutions to customer requirements; ensuring the quality and reliability of all products. You will also be involved in sourcing appropriate materials and fabrics.

Handling multiple requirements, you will need to be able to prioritise workloads effectively and maintain a flexible approach. A thorough knowledge of textile or leather construction techniques is essential, ideally backed up by a City & Guilds qualification or equivalent.

Links to a relevant professional institute would be advantageous and you will have a willingness to develop new skills as industrial techniques and best practice processes evolve.

To apply, send your CV to
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or call 01908 371177.



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Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45	F14 Circuits	F14 Circuits		F14 Spin	F14 Spin	09:00 F14 Pilates
07:00			F14 Circuits			10:00 F14 Spin
08:00						11:00 F14 Pump and Sculpt
09:00	Group Inductions					12:00 Group Inductions
10:00	F14 Ab Blast	F14 Circuits	F14 Ab Blast	F14 Ab Blast	F14 Circuits	16:00 F14 Circuits
11:00				F14 Ab Blast	F14 Circuits	
12:00	F14 Circuits		F14 Bootcamp			Sunday
13:00						10:30 F14 Circuits
14:00						11:30 F14 Spin
15:00						12:30 F14 Spin
16:00						14:00 Weight Management Circuit
17:00	F14 Circuits					
17:45					Studio Performance	
18:00	F14 Spin	F14 Spin	F14 Spin	F14 Circuits		
19:00						
19:00	F14 Dance Fusion	Exercise	F14 Zumba	F14 Spin	F14 Spin Tone	
19:50	F14 Pump and Sculpt					
19:00		F14 Spin				
19:00	F14 Spin	F14 Pilates	F14 Pump and Sculpt	F14 Yoga	F14 Circuits	
19:30			Group Inductions			



Group Inductions

There are a few limited group induction slots available each week. For a full list of group induction slots, please visit our website or contact us on 01604 555555.

Things to remember

- 1. Please arrive on time for your class. If you are late, please contact us on 01604 555555.
- 2. All members must wear appropriate gym clothing and footwear. Please ensure your clothing is suitable for the activity you are attending.
- 3. Please ensure you are hydrated before and after your class. Please bring a water bottle to your class.
- 4. Please ensure you are hydrated before and after your class. Please bring a water bottle to your class.
- 5. Please ensure you are hydrated before and after your class. Please bring a water bottle to your class.

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1. Reception

One of our charming reception staff will let you through the turnstiles. So come on, check out the rest of the club!

2. Spin Studio

Group Cycling classes burn 500+ calories per session. Workout at your own level and intensity.

3. Changing Areas

Spacious, luxury changing and showers with lockers for safe storage. Please remember a padlock!

4. Ladies Gym

A full range of carefully selected equipment, just for you girls!

5. Functional Training

The XCUBE integrates cutting edge functional training equipment with options for traditional bodyweight exercises. Customise your XCUBE with training attachments to suit your training space and requirements.

6. Cardio Equipment

All the latest and greatest fat blasting, cardio boosting fitness machinery.

7. Power Zone

Our disco style cardio theatre. No high heels though and definitely no dancing around your handbag!

8. Studio

If the gym has never really done it for you to cover every body part you can think of, or you'd like to spice up your routine try a Fitness4Less promotes a great relaxed atmosphere, where everyone will feel comfortable no matter what your fitness level may be.

9. Resistance Machines

Boys and girls allowed here. Kit to cover every body part you can think of and some you can't.

10. Free Weights

A mixed gym environment, with fitness kit to cover every body part you can think of, or you'd like to spice up your routine try a Fitness4Less promotes a great relaxed atmosphere, where everyone will feel comfortable no matter what your fitness level may be.

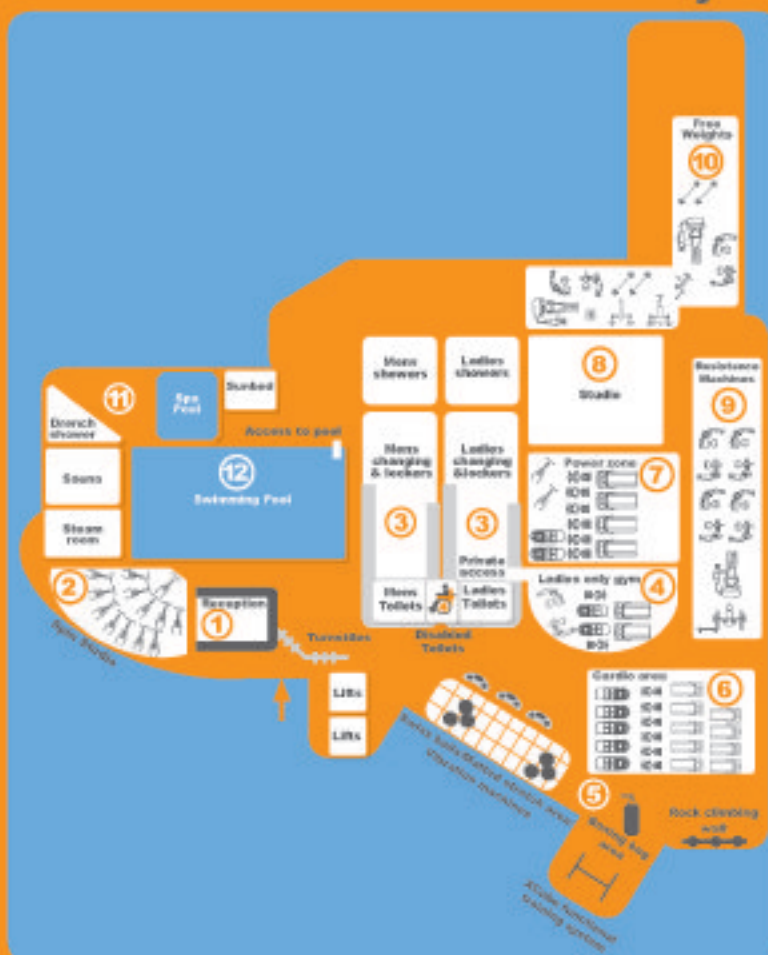
11. Spa, Sauna & Steam

The spa is an excellent way to wind down or to massage those pumped up muscles from your intense workout in the gym.

12. Swimming Pool

Our 15m pool is 1.2m in depth and is therefore equally appealing to weak and strong swimmers. After your swim, why not relax on one of our sun loungers or chairs situated on the poolside!

The Layout



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gym**

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